

WATER FITNESS

ABC, Aquatic Body Conditioning- is a medium paced cardiovascular workout (in shallow water) designed for an overall body exercise emphasizing all the major muscle groups.

Monday/Wednesday/Friday 8:30-9:30am

Fees:

Adult/Senior Drop-in \$3.50/class
Discount Pass \$30.00/10 classes



RENTALS- All City Pools are available to rent for exclusive or shared use. For more information, please contact the Pool Manager.

SAFETY CHECKS- There may be ten-minute safety checks conducted every half hour or every hour during Recreational Swim hours.

EMERGENCY TESTING- All City pool personnel are subject to emergency testing at anytime. Patron patience and cooperation during these drills are greatly appreciated

VOLUNTEERS NEEDED!-Ongoing opportunities are available at the recreation centers, pool and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619)533-4017

DONATIONS-By donating to our park system, you can help the park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPIL Division, (619)525-8235.

CITY OF SAN DIEGO SWIMMING (CSDS)

City of San Diego Swimming (CSDS) is a recreational swim organization for youth 5-17 years old, which offers a quality, safe program that is committed to introducing and developing basic competitive swim skills while promoting fun and team spirit. Swimmers are encouraged to participate in swim meet competitions with other City of San Diego swimming pools.
Prerequisite: Completion of Competitive Skills I course and/or Pool Manager's approval.

White Level

Monday, Wednesday, Friday 4:00-5:00pm

Silver Level

Monday, Wednesday, Friday 5:00-6:00pm

Fees: \$25.00/Month

(fees are due at the beginning of ea. Month)



YOUTH WATER POLO

Participants are introduced to basic water polo skills with emphasis on teamwork and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute.

Tuesday, Thursday 4:00pm -5:30pm

Fees: \$25.00/Month

- All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee and wear proper swim attire at all times.

- Specific lanes/areas will be designated for Lap & Recreational swimming, however, the pool may be utilized for other programs during designated Lap/Recreational swim times

- A paying parent or responsible adult in a swimsuit must accompany children under 7 years of age or less than four feet tall. While in the water, a parent or responsible adult must remain within arm's reach of the child

- Passes expire one year from the date of issue and can be used at any City Pools

- The City of San Diego Swimming Pools may close without notice during inclement weather conditions



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

SWANSON POOL

3585 GOVERNOR DRIVE

SAN DIEGO, CA 92122

(858)-552-1653

www.sandiego.gov



JUNE 28-SEPTEMBER 6

LAP SWIM

Monday/Wednesday/Friday	8:00am-12:00pm
Monday-Thursday	1:00pm- 4:00pm
Monday/Wednesday**	6:00pm - 7:00pm
Tuesday/Thursday**	4:00pm - 7:00pm
Friday**	1:00pm- 6:00pm
Saturday/Sunday	12:00pm-3:30pm

** Limited lanes available in the evening

RECREATIONAL SWIM

Monday- Friday	1:00pm- 3:45pm
Monday-Thursday**	6:00pm- 7:00pm
Saturday/Sunday	12:00pm-3:30pm

** Limited space available

JULY 4TH UC CELEBRATION	12-4:00pm
Monday July 5th and September 6th	12-3:00pm

FACILITY ADMISSIONS FEES

Adults (16 &older)	\$4.00
Child/Disabled/Senior	\$2.00

DISCOUNT PASS FEES

Adults (16 &older)	\$100.00/30 swims
Adults (16 &older)	\$35.00/ 10 swims
Child/Disabled/Senior	\$45.00/ 30 swims
Child/Disabled/Senior	\$15.00/ 10 swims

SWIMMING LESSONS

MORNING SESSIONS

Mon/Wed/Fri (3 weeks) 9/35 minute classes

Session A: June 25 (Fri)–July 16 (No class 7/5)

9:40-10:15am	Tiny Tots	Super Tots	Beginner 2
10:20-10:55am	Adv. Tots	Beginner 1	Adv Beg
11:00-11:35am	Parent Tots	Beginner 2	Beginner 3
11:40-12:15pm	Tiny Tots	Beginner 1	Adv. Beg

Session B: July 19–August 6

9:40-10:15am	Adv. Tots	Beginner 1	Beginner 3
10:20-10:55am	Tiny Tots	Super Tots	Beginner 2
11:00-11:35am	Parent Tots	Tiny Tots	Beginner 3 Adv. Beg
11:40-12:15pm	Super Tots	Beginner 1	Beginner 2

Session C: August 9–August 27

9:40-10:15am	Tiny Tots	Adv. Tots/ Super Tots	Beginner 2
10:20-10:55am	Tiny Tots	Beginner 1	Beginner 3
11:00-11:35am	Parent Tot	Super Tots	Beginner 2
11:40-12:15pm	Adv. Tot	Beginner 1	Beginner 3 Adv. Beg

Course prerequisites and age ranges should be used as suggested guidelines for appropriate student enrollment. For prerequisites of all classes please contact the Pool Manager or log on to <http://www.sandiego.gov/park-and-recreation/aquatics>



All Aquatic Programs, Schedules and Fees may change and/or be Cancelled without notice.

AFTERNOON SESSIONS

Mon.–Thurs. (2 weeks) 8/40 minute classes

Session 1: June 28–July 9 (Fri) (No class 7/5)

4:00-4:40pm	Tiny Tots	Adv. Tots	Beginner 1
4:45-5:25pm	Parent Tot	Super Tots	Beginner 2
5:30-6:10pm	Tiny Tots	Beginner 1	Beginner 3
6:15-6:55pm	Adv. Tots/ Super Tots	Beginner 2	Adv. Beg

Session 2: July 12–July 22

4:00-4:40pm	Adv. Tots	Beginner 1	Beginner 3
4:45-5:25pm	Tiny Tots	Beginner 2	Adv. Beg
5:30-6:10pm	Parent Tot	Tiny Tots/ Adv. Tots	Beginner 3
6:15-6:55pm	Adv. Tots/ Super Tots	Beginner 2	Adults

Session 3: July 26–August 5

4:00-4:40pm	Tiny Tots	Adv. Tots	Beginner 1
4:45-5:25pm	Parent Tot	Super Tots	Beginner 2
5:30-6:10pm	Tiny Tots	Beginner 1	Beginner 3
6:15-6:55pm	Adv. Tots/ Super Tots	Beginner 2	Adv. Beg

Session 4: August 9–August 19

4:00-4:40pm	Adv. Tots	Beginner 1	Beginner 3
4:45-5:25pm	Tiny Tots	Beginner 2	Adv. Beg
5:30-6:10pm	Parent Tots	Tiny Tots/ Adv. Tots	Beginner 3
6:15-6:55pm	Beginner 1	Beginner 2	Adult

Session 5: August 23–September 2

4:00-4:40pm	Tiny Tots	Adv. Tots	Beginner 1
4:45-5:25pm	Parent Tot	Super Tots	Beginner 2
5:30-6:10pm	Tiny Tots	Beginner 1	Beginner 3 Adv. Beg
6:15-6:55pm	Adv. Tots/ Super Tots	Beginner 2	Adult

LESSON FEES:

	Resident	Non-Resident
Large Group	\$53.75	\$107.50
Small Group	\$80.75	\$161.50
(8/40 minute lessons – can be arranged through the manager if you have at least 4 participants of similar abilities)		
Semi-Private Lessons**	\$150.00	\$300.00
Private Lessons	\$180.00	\$360.00
(Private & semi-private lessons are 5/30 minute lessons)		
**Semi-private participants must be of similar ability		

REFUND POLICY– Extra care should be given to the selection of classes. **There are NO REFUNDS. Full refund will be granted only if class is cancelled by the Pool Manager**

NON-RESIDENTS MUST PAY TWICE THE RESIDENT RATE

KEEPING THE POOLS CLEAN & OPEN

- When the pool is contaminated with fecal matter, the pool must close.
- Children should use the restroom before entering the pool, wash their hands with soap and water and shower.
- Children 3 years of age and younger are required to wear a tight fitting "swimsuit diaper" or tight fitting plastic pants and a swimsuit.
- Patrons are not permitted to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks.

Patrons must abide by the "no street shoes on the pool deck rule"



All City of San Diego Parks, Pools and Beaches are Smoke Free

As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes, he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department (contact District Manager (619) 533-6526) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.